

Your Employee Assistance Program can help you navigate the “new normal”



As you transition back to the workplace, your Employee Assistance Program (EAP) is here to support you. During this time, changes at home and at work may be unavoidable, and pose challenges for you and your family.

To help you and your household members adapt during this time of change, your EAP offers these confidential services at no cost:

- **Counseling visits** with a licensed clinician in-person or online
- **Legal and financial consultations** to help address any needs resulting from the pandemic
- **Child and eldercare resources** to ensure your loved ones are taken care of when you are at work
- **Robust website** offering a wide variety of work-life resources, including podcasts

You can count on your EAP

To access these resources or learn more, please visit anthemeap.com and enter "SISC" as your company name.

